만성적 발목 불안정성이 있는 태권도 선수의
고관절과 발목 부위 근력

임미영1), 박명수2) • 임승길3)*

1) 단국대학교
2) 나사렛대학교
3) 동신대학교

초 록

Leem, M.Y., Park, M.S., & Lim, S.K. Strength of hip and ankle muscles in taekwondo athletes with chronic ankle instability. Exercise Science. 19(4): 371-380, 2010. Strength and stability of hip and ankle muscle are important factors for normal gait and physical activity. The aim of this study was to investigate the strength difference of hip and ankle muscle between involved and non-involved side in taekwondo athletes with chronic ankle instability. A total of 15 subjects with unilateral chronic ankle instability were recruited. As a result of Trendelenburg’s test, positive response that indicate weakness of hip abductor was 46.7% at involved side. However, there were no significance difference between involved and non-involved side in isokinetic strength of hip abductor and adductor. Isokinetic strengths(peak torque and peak torque % body weight) of ankle evertor at 180o/s were significantly less on the involved side than the non-involved side(p<0.05). No significant difference were noted in ankle plantar flexor and dorsiflexor strength. Taken together, we conclude that screen test for weakness discrimination of hip abductor should be performed before rehabilitation program was designed for taekwondo athletes with chronic ankle instability. In the case with weakness of the hip abductor, strengthen exercise of hip abductor should be involved in the rehabilitation for functional recovery and re-injury prevention. Also, strengthening of ankle evertor is recommended for taekwondo athletes with chronic ankle instability.

Key words : ankle instability, ankle sprain, taekwondo

주요어 : 발목 불안정성, 발목 염좌, 태권도
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* 교신저자: 임승길, 동신대학교. es007-9@hanmail.net